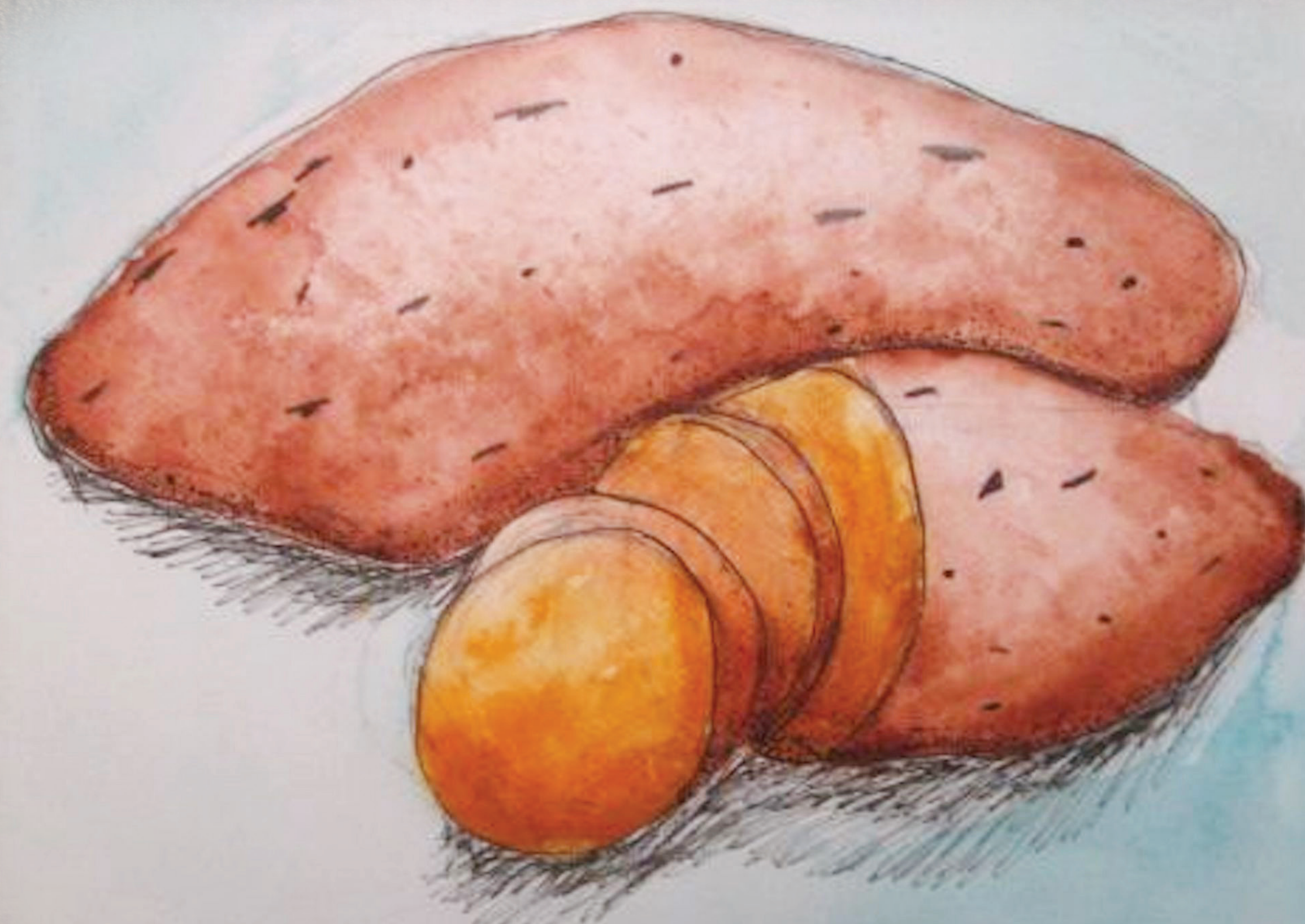


# January Harvest of the Month Sweet Potato



*Illustration by Katherine McGrath, Charlottesville City Public Schools*



## Try Sweet Potatoes at Home!

### Health and Nutrition

Sweet potatoes have a lot of health benefits!  
They have:

Vitamin A – which makes your eyes strong.

Vitamin C – to help your immune system fight  
to keep you healthy.

Potassium – to help your heart and muscles  
work better.

### Did YOU Know ?

George Washington Carver,  
a famous scientist, developed  
118 products from  
sweet potatoes including glue for  
postage stamps and starch for  
sizing cotton fabrics.

Reading Together  
Check out  
our featured book:  
*Sweet Potato Pie*  
by Kathleen D. Lindsey

